



Serves: 4

Steamed Mackerel Fillet with Marjoram, Thyme and Caramelised Shallots

Ingredients

- Fresh king mackerel, deboned 400g
- Fresh Marjoram leaves, chopped 2 tsp
- Shallots, peeled and cleaned 200g
- Fresh thyme leaves 1 tsp
- Olive oil 2 tsp
- Salt ½ tsp
- Pepper ½ tsp
- Peppercorn, ground 1 tsp
- Garlic, chopped 5g
- Steamed potato 200g

Tips:

- Steaming is a healthy and low-fat cooking method that brings out the flavours of fresh ingredients.
- Oily fish (e.g. salmon, sardines and mackerel) contain omega-3 fatty acids which helps prevent heart disease and stroke.
- Use fresh herbs and spices instead of salt to add interesting and varied flavours to dishes.

Method

- Marinate fillets with marjoram, thyme, garlic, half of the salt and peppercorns. Keep in fridge for half an hour.
- Toss shallots in olive oil, remaining salt and pepper. Bake in oven for 20 minutes at 180°C.
- Steam mackerel until cooked.
- Serve mackerel with shallots and potatoes at the side.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 228kcal
Protein 23.3g
Total fat (g and % of total calories)
4.7g (18.3%)
Saturated fat 0.7g
Cholesterol 53mg
Carbohydrate 23.6g
Dietary Fibre 2.4g
Sodium 461mg